



refresh. refuel. relax.

North Salem High & Middle School Breakfast Menu

Student Breakfast \$2.50

Adult Breakfast \$3.00 Plus Tax



All Breakfast's Must Include

Choice of:

Fruit, 100% Juice

And May Include:

1% Low Fat Milk, Skim Milk or Fat Free Chocolate Milk

Hormone Free

*** No High Fructose Corn Syrup ***

Available Daily

Whole Grain Muffins Assorted
Cereals, Whole Grain Bagels and
Egg Sandwiches, Parfaits and
Smoothies
Apples, Oranges and Bananas

Food Service Director
Karen Seikovsky
914-669-5414 ext:2030



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2

Whole Grain Mini
Waffles
Orange
Fruit Punch Juice
8oz Milk

3

Bagel
Butter/Cream
Cheese
Banana
Apple Juice
8oz Milk

4

Whole Grain Cereal
Cheese Stick
Apple
Fruit Punch Juice
8oz Milk

5

SCHOOLS CLOSED
PARENT TEACHER
CONFERENCES

6

Whole Grain
Powered Sugar
Donut Holes
Orange
Apple Juice
8oz Milk

9

Whole Grain Mini
Blueberry Waffles
Apple
Fruit Punch Juice
8oz Milk

10

Whole Grain
Powered Sugar
Donut Holes
Orange
Apple Juice
8oz Milk

11

Whole Grain Mini
French Toast
Banana
Fruit Punch Juice
8oz Milk

12

Whole Grain
Cinnamon Bun
Orange
Apple Juice
8oz Milk

13

Bacon (Pork), Egg and
Cheese on a Whole
Grain English Muffin
Apple
Fruit Punch Juice
8oz Milk

16

Whole Grain Muffin
Graham Crackers
Orange
Apple Juice
8oz Milk

17

Sausage (Turkey) Egg
and Cheese on a
Whole Grain English
Muffin
Orange
Apple Juice
8oz Milk

18

Strawberry Yogurt
Parfait
Graham Crackers
Fruit Punch Juice
8oz Milk

19

Bagel
Butter/Cream
Cheese
Banana
Apple Juice
8oz Milk

20

Whole Grain Mini
Waffles
Orange
Fruit Punch Juice
8oz Milk

23

24

25

26

27

HOLIDAY RECESS SCHOOLS CLOSED

30

HOLIDAY RECESS
SCHOOLS CLOSED

31

HOLIDAY RECESS
SCHOOLS CLOSED

**Food Allergies? If
you have a food
allergy, please
speak to the
manager, chef, or
your**